



# THE BLACK BOX APPROACH

Mental Health Training with Christo Hudson

## Online Evening Mental Health First Aid Course Agenda

### **31 January 2022**

#### **Individual Learning (45mins)**

Introduction to the Course

Activity 1: Why Mental Health First Aid?

Activity 2; The Mental Health First Aid action plan

Activity 3: What is mental health?

Activity 4: Impact of mental health

#### **Live Session 1: 1930 - 2145**

Introduction to the course

ALGEE and mental health introduction recap

Stigma

Risk and Protective factors

Frame of Reference

The Mental Health Continuum

The Stress Container

### **1 February 2022**

#### **Individual Learning (~1 hour)**

Activity 5: Stress Container

Activity 6: The Frame of Reference

Activity 7: What is depression?

Activity 8: Risk factors for depression

Activity 9: Mental Health First Aid for depression

Activity 10: Introduction to suicide

#### **Live Session 2: 1930 - 2145**

Recap of individual learning

Prevalence of Suicide

Suicide, substance misuse, and dual diagnosis

Analyse the impact of suicidal feelings

Recap of ALGEE and risk factors for suicide

The Mental Health First Aid action plan for suicide

Explain non-judgmental listening, Empathy video

Practice using ALGEE in case study scenarios

Review of ALGEE for suicide and depression

Self-care

## 2 February 2022

### Individual Learning (~1.5 hours)

Activity 11: What is anxiety?

Activity 12: Mental Health First Aid for anxiety

Activity 13: What is an eating disorder?

Activity 14: Mental Health First Aid for eating disorders

Activity 15: What is self-harm?

Activity 16: Mental Health First Aid for self-harm

Activity 17: What are personality disorders?

### Live Session 3: 1930 - 2145

Recap of individual learning of anxiety

Recap of the five basic steps of ALGEE for anxiety

Explain Action 1 for anxiety

How to support someone who is having a panic attack

Explain crisis first aid

Practice Action 2: non-judgemental listening

Practice applying the Mental Health First Aid action plan for anxiety

Recap of ALGEE for anxiety

Explain cognitive behavioural therapy

Recap of eating disorders and self-harm

Case study for eating disorders and self-harm

Review ALGEE for eating disorders and self-harm

## 3 February 2022

### Individual Learning (~1 hour)

Activity 18: What are psychosis, schizophrenia, and bipolar disorder?

Activity 19: Risk factors for psychosis

Activity 20: Mental Health First Aid for psychosis

### Live Session 4: 1930 - 2130

Review of individual learning on psychosis

Explain the development of symptoms of psychosis

Review the five steps of ALGEE for psychosis

Group discussion about MHFA Australia psychosis video

Case study using Mental Health First Aid action plan for psychosis

Explore how to build a mentally healthy workplace

Start an action plan to use Mental Health First Aid

Feedback